



www.kstatecollegian.com

tuesday, march 27, 2012

vol. 117 | no. 121



Tomorrow:  
High: 78 F  
Low: 30 F



Thursday:  
High: 77 F  
Low: 57 F

03

On the ropes  
See how one sophomore is taking boxing to the next level.

03

Bases loaded  
The Wildcats take on the Nebraska Cornhuskers for the second time this season.

04

Slim for life?  
Laura Thacker looks into the diet industry and if they really help you stay healthy.

# UNCOMMON GROUND

Statute draws mixed reactions from K-State students



Trayvon Martin case raises questions, controversy on self-defense statute's unclear definition

Andy Rao  
news editor

When Trayvon Martin, 17-year-old high school student from Sanford, Fla., was walking home on Feb. 26, he was carrying a bottle of iced tea and a bag of Skittles.

Shortly after purchas-

"Where's the line? What makes something life threatening to the point where you have to use a gun on somebody?"

Collin Huerter  
Sophomore in political science

ing his after school snack, Martin was found dead.

According to local police, George Zimmerman, a 28-year-old self-appointed neighborhood watch cap-

tain, was found standing over Martin, armed with a handgun.

After being questioned by officers, Zimmerman said that he shot Martin as an act of self-defense. The police took his word for it, did not administer a drug or alcohol test and also did not run a background check on Zimmerman.

The events of Feb. 26 have garnered national attention for several reasons. Some point to the racial undertones of the case while others point to police protocol and lack of repercussions for Martin's shooter.

The part of the case that is perhaps the most scrutinized, however, is that Zimmerman claimed to act out of self-defense when Martin was not even armed.

His shooter, however, is protected by the "stand your ground" law. This statute states that if a person fears bodily harm or a threat to their safety, that person may "stand his or her ground and



While standing on a median near Wichita State University on Friday afternoon, Ron Mahomes, holds up posters regarding the death of Florida teenager, Trayvon Martin. Mahomes was one of several hundred people gathered to protest the Florida "stand your ground" law.

meet force with force, including deadly force."

Ariel Anib, senior in sociology, believes the controversy behind the law is justified. Anib said the law uses vague language, and therefore can be misinterpreted or even abused.

"The law is a fickle law," she said. "In this case, Trayvon was just walking with Skittles and a tea. It's kind of hard to believe the shooter when he says he felt threatened. Was he really in so much danger that he had to kill somebody?"

Zimmerman said that Martin approached him,

punched him in the nose and then proceeded to repeatedly bang his head on the sidewalk. Although Zimmerman had sustained visible injuries to his head when police found him, there have been conflicting reports from witnesses as to what actually happened.

The law is completely subjective, which is what makes it so potentially dangerous," said Collin Huerter, sophomore in political science. "Where's the line? What makes something life threatening to the point where you have to use a gun on somebody?"

Huerter said that potential shooters could use the law as a catalyst for crimes and receive protection from serious charges on the grounds of self-defense.

"The fact that some people are defending the crime on the basis that he was wearing a hoodie is disturbing,"

Huerter said. "He [Zimmerman] should be brought to court, tried in front of a jury and given due process in a court of law. They should also look to make amendments to the 'stand your ground' law and define it more clearly."

LAW | pg. 6

## Retired astronaut shares NASA successes, failures in lecture

Space program risky, ambitious says guest lecturer Steven Hawley

Karen Ingram  
staff writer

Steven Hawley, retired NASA astronaut, said his missions were plagued with such difficulties and jokingly said he had the worst launch record in history. During his lecture entitled "Wings in Orbit," he told audience members about engines that wouldn't start, computers that needed replacing and other failures that prevented him from going into space.

"I began to think 'Maybe it's me. Maybe the launcher doesn't like me,'" Hawley said.

Hawley said he tested his theory by attending the next launch attempt in disguise: his name tag had tape covering it and he wore Groucho glasses. The audience laughed at his photographic proof of the gag, then laughed even harder when he said the disguise worked and the launch was successful.

Hawley, a professor of physics and astronomy at the University of Kansas, worked for NASA from 1978 to 2008 and flew a total of five missions. His lecture was part of the James R. Neff Lecture series. The Town Hall room in the Leadership Studies Building filled nearly to capacity on Monday with a mixture of students and faculty eager to hear about Hawley's experiences.



Former astronaut Steven Hawley sat on the sidelines as he awaited his introduction for the department of physics' James R. Neff lecture series.

because the shuttle ended up being heavier than they anticipated, he said.

Hawley also spoke of a switch designed to abort the flight if something goes wrong. There are several options to turn the switch to, depending on how far along in the flight the shuttle is. Rather than failing in the anticipated way - such as failing to turn or

getting stuck - they discovered in simulations that the mechanism inside broke so that the switch appeared to be on one setting when it was, in fact, on another. This situation could be very dangerous in a shuttle emergency because the shuttle might misinterpret the astronauts' flight commands.

Hawley said the question they always asked themselves

was "What are all the things that can happen we didn't think about?"

They were constantly trying to discover what could go wrong and how to fix it. The things they did not anticipate that went wrong were the most frustrating because they didn't see it coming but should have, Hawley said. The shuttle design philosophy demanded that they build every system in a way that the mission could still be accomplished if something failed.

"It was tremendously fascinating to see how the different systems played with one another," Hawley said.

Hawley's lecture also covered the specifications and technology used in the shuttles. The original computers used in the early 1980s were approximately .005 percent as powerful as an Xbox 360, he said.

"I don't have kids, so I don't actually know what that means," Hawley joked, eliciting laughs from the audience.

Megan Wilson, sophomore in wildlife biology, heard about the lecture through her astronomy class. Wilson said she was interested in space and watched a lot of documentaries on the subject, but had never attended a lecture by an astronaut before.

Wilson said she believed people were drawn to outer space because of the idea of the unknown and the desire to seek the truth.

"It definitely sparked my interest," Wilson said. "And it's beautiful."

Fort Riley to face housing challenges

Zach Weaver  
contributing writer

*Editor's Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Communications. This is the second part of a two part series.*

### How to Handle the Increase in Soldiers

The U.S. Department of Defense has historically shown itself capable of using long-range strikes and rapid troop transports to achieve its goals, which should allow the U.S. to reduce active-duty troops in allied countries like Europe and Asia. According to the Sustainable Defense Task Force, this projected reduction would save \$80 billion throughout the next decade while bringing home 50,000 troops.

Furthermore, in comments to National Public Radio, Todd Harrison, senior fellow at the Center for Strategic and Budgetary Assessments, said that the Iraq War would completely wind down before 2012 and also said the war in Afghanistan would wind down by 2014.

This would keep the DOD from spending another decade of \$1.6 trillion in war costs and bring home tens of thousands of troops.

While this might look reasonable on paper, bases around the nation like Fort Riley are going to have to face the uphill battle of accommodating all of these homeward-bound troops.

According to officials at Fort Riley, all five of the brigades will be home at the same time this year, which means all 18,000 soldiers will arrive at Fort Riley for the first time since 2005. Furthermore, due to a planned exercise called Unified Endeavor, another 2,000 individuals will eventually move in.

How all of this ground traffic will commute to, from and around the base is a major concern to officials at Fort Riley.

Chris Ferris, director of emergency services at the base, said there is reason to worry.

"In the last 5 1/2 years, I'd say the traffic count has about doubled," Ferris said. "In the next year, total traffic entering the installation will probably reach 8 million."

While the Kansas Department of Transportation's \$40 million project to renovate various stretches of highway leading to the base will help, high-priority projects remain unfunded. Such projects would improve so-called "access control points," as well as road infrastructure at the base.

Due to the decrease in military construction funds from \$1.5 billion to just \$10 million in the next six years, this might cause a long-term congestion issue around the base.

"The congestion can be a challenge," said William Clark, Commander Colonel at Fort Riley.

**Where Will They Live?**

The influx of soldiers in the coming months means the base will have to find homes for them.

Fort Riley sits on a chunk of land measuring about 100,656 acres. Despite this total area, the fort is only designed to house 30 percent of the soldiers on the installation itself.

Because of this restriction, Fort Riley relies heavily on a working relationship with neighboring communities — specifically Junction City, Ogden and Riley — to house the other 70 percent of soldiers.

As their time away from active duty increases, more soldiers are deciding to bring their families to live with them. Paired with the increasing number of returning soldiers,

**BUDGET | pg. 6**

[www.mdiproperties.com](http://www.mdiproperties.com) FOR THE LATEST LISTINGS!

STUDIOS - 1-2-3-4 BEDROOMS - DUPLEXES - TOWNHOUSES

- 900+ units to choose from!

McCullough DEVELOPMENT

OPEN SATURDAY  
10AM-2PM

DOWNTOWN  
776-3804

AGGIEVILLE  
320-6300

WESTSIDE  
776-4222

539-9339

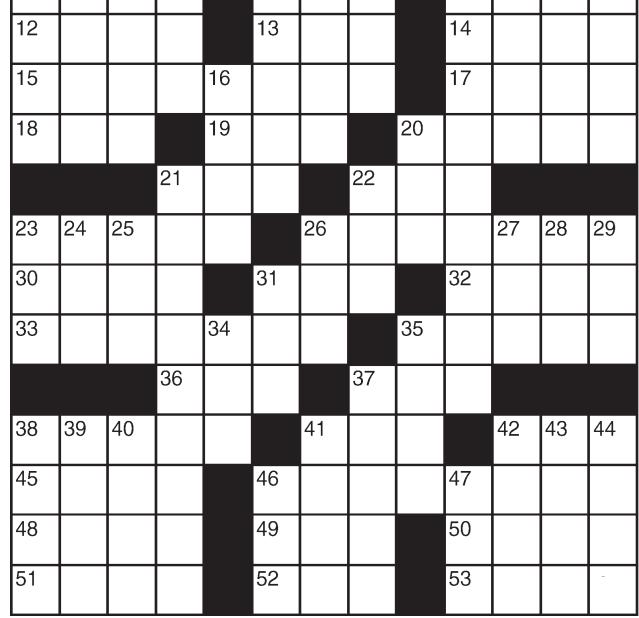
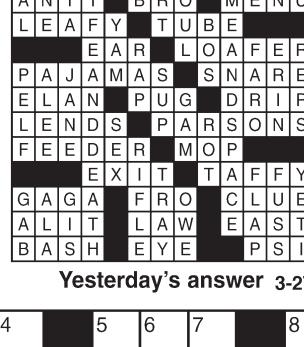
Call **776-5577**

**ACROSS**

1 Sweater eater  
5 Sinful  
8 Robbers' foes  
12 Emanation  
13 Leading lady  
14 Picnic hamperer  
15 Medieval launcher  
17 "Beetle Bailey" dog  
18 Superlative suffix  
19 De-pressed  
20 "Non-sense!"  
21 Upper limit  
22 Egos' counter-parts  
23 Abrasive powder  
26 Belgian —  
30 Long car  
31 Moving vehicle  
32 Greek vowel  
33 Befuddle  
35 Church music-maker

36 Chicago team, for short  
37 Mimic  
38 Off-spring  
41 Winter ailment  
42 Frequently, in verse  
45 Corporate symbol  
46 Goalpost piece  
48 PC maker  
49 Clumsy sort  
50 Long sandwich  
51 Lincoln in-law  
52 Mel of Coopers-town  
53 Watched

**Solution time: 21 mins.**



1210MORO

785-537-0775

**\$2** ALL DRINKS,  
PREMIUMS, CALLS,  
DRAWS, & SHOTS

**\$3.50** BELFAST &  
ENERGY BOMBS

**FREE POOL!**

Now Hiring

**#TheFourum is back.**  
Hashtag your thoughts for a chance to be published.

## CES Presents...

### Walk-in Wednesday

Drop by to have your resume reviewed or to ask a quick question. No appointment necessary.

\* Noon to 4 pm \* Holtz Hall

### Face-2-Face Friday

Improve your networking skills and receive valuable feedback while interacting with employers in an informal setting.

\* Fri. Apr. 6, 1-3 pm \* Holtz Hall

Guiding You from College to Career  
• Career & Employment Services • 100 Holtz Hall • (785) 532-6506  
• ces@k-state.edu • www.k-state.edu/ces



**Collegian Editor-In-Chief** deadline 04.05.12  
**Royal Purple Editor-In-Chief** deadline 04.05.12  
**Advertising Sales Manager** deadline 04.05.12  
Staff Positions reviewed starting 04.13.12

**Visualize Verbalize Vocalize**  
Kansas State Collegian

Great for your portfolio  
Get paid to do the work you love  
Outstanding on-the-job media experience

Advertise in the Collegian

## Logan's Run | By Erin Logan



### CONTACT US

**DISPLAY ADS** ..... 785-532-6560  
advertising@kstatecollegian.com

**CLASSIFIED ADS** ..... 785-532-6555  
classifieds@kstatecollegian.com

**NEWSROOM** ..... 785-532-6556  
news@kstatecollegian.com

**DELIVERY** ..... 785-532-6555

### EDITORIAL BOARD

**Caroline Sweeney** editor-in-chief  
**Kelsey Castanon** managing editor  
**Laura Thacker** managing copy chief  
**Danielle Worthen** design editor

**Andy Rao** news editor  
**Jakki Thompson** assistant news editor  
**Kelly McHugh** sports editor  
**Darrington Clark** edge and features editor

**Kaylea Pallister** opinion editor

**Logan M. Jones** photo editor

**Holly Grannis** social media editor

**Nathan Shriner** ad manager

**Steve Wolgast** adviser

### LETTERS TO THE EDITOR

The Collegian welcomes your letters to the editor. They can be submitted by email to [letters@kstatecollegian.com](mailto:letters@kstatecollegian.com), or in person to Kedzie 116. Include your full name, year in school and major. Letters should be limited to 350 words. All submitted letters may be edited for length and clarity.

### CORRECTIONS

If you see something that should be corrected or clarified, please call our managing editor Kelsey Castanon at 785-532-6555, or email her at [news@kstatecollegian.com](mailto:news@kstatecollegian.com).

**kansas state**  
**collegian**

The Kansas State Collegian, a student newspaper at Kansas State University, is published by Student Publications, Inc. It is published weekdays during the school year and on Wednesdays during the summer. Periodical postage is paid at Manhattan, KS. POSTMASTER: Send address changes to Kedzie 103, Manhattan, KS 66506-7167. First copy free, additional copies 25 cents. [USPS 291 020] © Kansas State Collegian, 2011 All weather information courtesy of the National Weather Service. For up-to-date forecasts, visit [nws.noaa.gov](http://nws.noaa.gov).

## THE BLOTER ARREST REPORTS

### SUNDAY

Daniel Cole Arnwine, of the 1000 block of Pottawatomie Court, was booked for domestic battery. Bond was set at \$500.

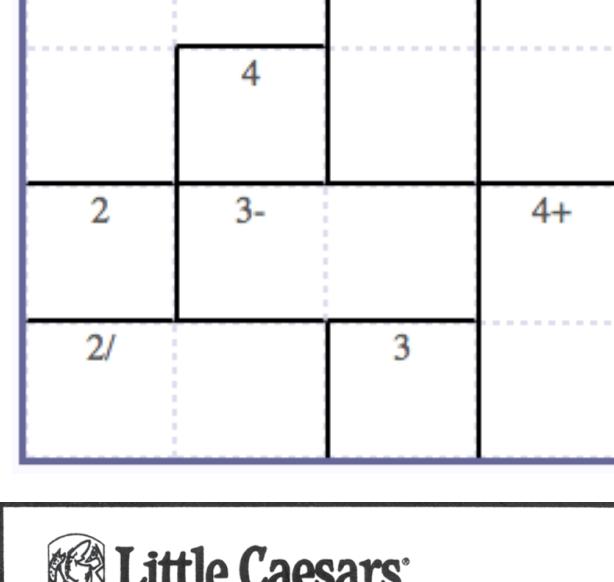
Ryan Lee Warren, of the 1200 block of Poynz Avenue, was booked for driving under the influence. Bond was set at \$750.

Joshua James Roy, of Grandview Plaza, Kan., was booked for driving with a canceled, suspended or revoked license and habitual violation. Bond was set at \$1,500.

Shanika Shaunta Blanton, Compiled by Sarah Rajewski.

## KenKen | Medium

Use numbers 1-4 in each row and column without repeating. The numbers in each outlined area must combine to produce the target number in each area using the mathematical operation indicated.



NEEDS INTERESTING SCIENCE CLASS  
BUT HATES SCIENCE

ENROLLS IN

PHYSICS FOR POLICY MAKERS

Global Warming, Terrorist Nukes,  
Energy Dependence, Space Exploration

These are all topics found in the course

## PHYSICS FOR POLICY MAKERS

PHYSICAL WORLD 2 (PHYS102)

A new class this Fall that discusses the physics behind current policy questions

ENROLL NOW!

- Conceptual discussions and rule-of-thumb calculations
- No math prerequisites

Taught by Professor Brett DePaola, Jefferson Fellow and former science advisor at the US Department of State.

For more information, email [depaola@phys.ksu.edu](mailto:depaola@phys.ksu.edu)

**MEN'S BASKETBALL**

## Rumors of Martin's departure continue

**Corbin McGuire**

staff writer

The number of reports surrounding the future of Frank Martin increased on Monday. David Cloninger posted on his Twitter around 6:30 p.m. CDT on Monday, "South Carolina has scheduled a basketball press conference at approximately 10:30 a.m. [EDT] on Tuesday ... to discuss the men's basketball coaching situation."

Cloninger also posted on his Twitter that the press conference would open to the public but that it will be streamed live on [gamecocksonline.com](http://gamecocksonline.com).

According to the website for the University of South Carolina Board of Trustees a meeting will take place today at 10 a.m. EDT.

Andy Shain, a reporter and editor for The State, a South Carolina newspaper, posted on his Twitter Monday that the "USC Board of Trustees meeting for tomorrow has been moved to a suite at Colonial Life Arena."

Cloninger wrote "the official presser will begin after the BOT meeting, which is set for 10 a.m.," on his Twitter after the press conference was

announced.

The University of South Carolina is looking to replace Darrin Horn, who finished his last season as head coach of the Gamecocks with only 10 wins and in last place in the Southeastern Conference standings.

Cloninger's Twitter also said a source with insight to the negotiations told him that Martin's contract is supposed to be worth between \$1.75 and \$2 million in his first year, with increments throughout the deal. The source told Cloninger that the contract is either five or six years.

Robert Cassidy, however, wrote in an article Monday on [GoPowercat.com](http://GoPowercat.com) "Kansas State basketball coach Frank Martin will become the basketball coach at South Carolina, according to media reports, but a source close to the negotiations denies that the deal is done." Cassidy continued by quoting sources close to Martin that said an agreement between USC and Martin were "close to complete."

Shakey Rodriguez, Martin's mentor and former high school coach, confirmed to Cassidy the inklings that the



Logan M. Jones | Collegian

K-State men's basketball coach **Frank Martin** yells at former Wildcat **Jacob Pullen** during a game at Bramlage Coliseum last season. Reports from across the country have indicated Martin might accept a job as head coach at the University of South Carolina. Martin has been with K-State for five seasons, taking the Wildcats to the NCAA Tournament four times.

reasons behind Martin's interest in USC come from a damaged relationship with K-State's Athletics Director John Currie.

Recruiting could also be

affected if Martin accepts the job.

There is speculation among the media that Robert Upshaw, the Wildcats' top recruit, may decide to re-open

his recruitment. Cassidy said in his article that the family of Upshaw had no knowledge of Martin leaving when he contacted them by phone.

If Martin does leave K-

State, he will have led the Wildcats to three consecutive NCAA tournament bids and recording at least 20 wins in each of his five seasons as head coach.

## K-State student trains for demanding, difficult sport

### K.O. Boxing offers students the opportunity to go beyond Boxing 101

staff report

Grace Schwemmer is tough as nails, but she might not look it. With long blond hair, a pretty smile and a lean figure a boxer is the last thing that comes to mind at first glance. However, Schwemmer could instantly change anyone's mind when she is at the gym or in the ring.

According to an ESPN Page 2 article ranking sports by difficulty, boxing requires the most endurance, strength, power, speed, agility, flexibility, nerve, durability, hand-eye coordination and analytic aptitude. Not many people have what it takes to step into the ring with the knowledge of what is to come, the fight that is to take place, the future blows they will endure and finally the unknown outcome of the fight.

Schwemmer, sophomore in athletic training, has participated in almost every sport possible. In high school, she danced, ran cross country and played volleyball and basketball. Having been exposed to most sports, she said she agrees that boxing is the most difficult.

How did someone like Schwemmer get into boxing in the first place? It was as simple as taking K-State's Boxing 101 classes through K.O. Boxing in spring 2011. The class began a journey that, in the first week of April, will lead her to compete in her third biggest fight, the Golden Gloves competition.

One boxing class, however, is not enough for just anyone to become as good as Schwemmer, who believes that a person must have a certain natural ability to excel at boxing. Schwemmer did not become as good as she is overnight. She developed her talent through long training, hard work and complete focus.

Schwemmer has been extremely busy this last month with a fight looming ahead of her. Her training, although always intense, has been excruciating recently. Her diet is consistent and strict. In the mornings, she eats a nutritious breakfast of oatmeal, fruit or Greek yogurt. She needs a lot of good carbohydrates, she said.

She has pre-workout an hour before her workout and said she drinks something like chocolate milk after a workout. She eats about every three or four hours and doesn't eat many grains besides oatmeal. Schwemmer said she gets her



Courtesy photos

K.O. Boxing head coach **Lorissa Ridley-Fink** and fighters **Grace Schwemmer**, sophomore in athletic training; **Andrew Thompson**, junior in wildlife and outdoor enterprise management, and **Jose Lujan** pose after Schwemmer and Thompson defeated their opponents in a Kansas City fight on Nov. 19, 2011.

carbohydrates elsewhere, like from fruit, and eats a lot of protein, especially chicken breast. One of the things she gave up to fight was her normal dieting habit.

"What I'm eating and when I'm eating, it has changed, a lot," Schwemmer said.

Because she wants to remain in her weight class so she stays in control of whom her opponent will be, it is very important that her weight remains constant. Not only can she not gain weight, which in college is infamously easy to do, she also has to keep her weight within a certain range.

"I had to give up cereal. I love cereal," Schwemmer said with a laugh.

Schwemmer trains for two hours a day, Monday through Friday. Her workouts consist of mostly cardio and exercises designed to build muscle mass, and high-intensity functional exercise.

On Fridays, she puts on her headgear and mouthpiece and fights with fellow teammates, a practice known as sparring.

Although she fights people she knows, she never goes easy on them. She said one of her greatest strengths is separating herself emotionally from the fights.

She has been sparring much more, recently, in preparation for her upcoming fight.

One of the teammates Schwemmer spars against is Andrew Thompson, junior in wildlife and outdoor enterprise management.



Grace Schwemmer, sophomore in athletic training, and Andrew Thompson, junior in wildlife and outdoor enterprise management, spar as head coach Lorissa Ridley-Fink looks on.

Thompson saw Schwemmer begin her journey to becoming a boxer when she first took the K.O. Boxing 101 class that he taught. After the 101 class, he left for the summer to work, and when he returned, Schwemmer was already in the intermediate class and training.

Thompson said Schwemmer improved a lot and very quickly.

Thompson's journey in boxing began a little differently,

when his sister convinced him to take a class. He took the class for fun with no intentions to start anything serious. However, the physical benefits and exhilarating fights between him and just one other person brought him back to the ring.

Schwemmer continues to spar against him as she prepares for her fight in the Golden Gloves competition this April, held in Wichita, close to Schwemmer's home

town of Mulvane, Kan.

When asked what she hopes the outcome of her fight will be, Schwemmer laughed and said, "Hopefully, I'll win."

Schwemmer does not know who she is fighting against yet in the tournament, and she and other boxers will not find out until they get there. All she knows is that she continues to practice more intensely and hopes that the outcome of the fight will ultimately be a win.

**BASEBALL**

## Wildcats to face off with Cornhuskers in second of three games

**Spencer Low**

staff writer

After a disappointing series loss against Texas over the weekend, when the Wildcats dropped the last two games after a Friday win, the K-State baseball team will travel to play Nebraska tonight in Lincoln, Neb. This is the second of three

games against the Cornhuskers scheduled for this season. In their last game on March 6, Nebraska defeated K-State 9-6.

K-State, which fell to 13-10 overall after the weekend and is 2-4 in Big 12 Conference play, will take on a Nebraska team that has had a strong season. The Cornhuskers took their series, 2-1, last weekend over Illinois

in their first series as a member of the Big Ten Conference. The Huskers boosted their record to 17-9 overall and are 2-1 in the Big Ten.

Nebraska is led offensively by shortstop Chad Christensen, who went 2-4 with three RBIs in the last matchup between the two teams. Christensen is hitting .389 on the

year with six home runs, tied for the most in the Big Ten, and 33 RBIs, which leads his conference by eight.

Brandon Pierce is expected to take the mound for the Cornhuskers tonight, carrying a 2-1 record and a 2.65 ERA in 14 appearances. This will be his first start on the season. In K-State's March 6 game against

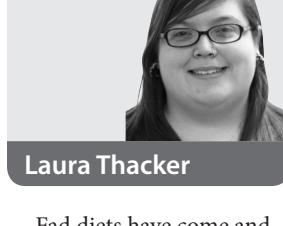
Nebraska, Pierce made a short appearance, pitching a third of an inning and allowing two hits and a walk, but was not charged with any runs.

Wildcat first baseman Wade Hinkle, who reached base in all four at-bats in the last meeting with a hit and three walks, will look to have another good game against Nebraska. The

senior's five home runs lead the team and tie him at third in the Big 12 Conference, and his 27 RBIs lead the Big 12.

Sophomore center fielder Jared King leads the Big 12 in batting average (.434), total bases (56) and slugging percentage (.675). K-State has not announced who will start the game on the mound yet.

## Diet programs don't teach healthy change, encourage spending



Laura Thacker

Fad diets have come and gone for years, and there always seems to be some new program or pill advertised on television claiming that weight loss is just a "small" payment away. These diets all seem to have something in common: people will lose weight, keep it off for a while and then gain it back. You might blame this on laziness or a lack of self-control, but it seems to me that too many people go through this cycle, sometimes multiple times, for that to be the case.

The problem is that people see diets as a quick fix, and the people and advertisers behind the programs encourage that viewpoint. How else would they make money? What people really need is not a fancy new diet, but a program that teaches us how to eat our food and take care of our bodies long-term.

The idea of not knowing how to eat food might seem ridiculous, but if you step back and look at the big picture, it's really not. Diet programs like NutriSystem don't teach consumers much of anything. Even though the programs offer supplemental literature, there is just one simple step — buy their food and eat it for every meal.

Unless you do this for the rest of your life, then it's obvious that once you lose the weight and start eating normal food again, the pounds will come back. Programs like NutriSystem, with their pre-packaged portions, teach us nothing about serving sizes or what is actually healthy. "The 12-week mindset and weekly newsletters can be helpful in changing behavior, but won't help you prepare your own meals when you re-enter the real world at the end," said dietitian Kathleen M.

Zelman about NutriSystem in a Jan. 12, 2010, article on [webmd.com](http://webmd.com).

Unless you want to eat pre-packaged NutriSystem items for the rest of your life, you are out of luck. And to me, that's the genius behind the whole program — the

creators know that if people successfully lose weight while eating their food, then gain it back while not eating it, people will simply return to the expensive NutriSystem meals.

And that brings us back to self-control. If every item of

food is pre-packaged, there is no chance for consumers to learn any form of self-control. What is to stop overeating when you can't get to your pre-made meal? The answer is nothing, which is exactly what this system, and others like it, teach us.

Weight Watchers, with a point system that claims to be easier than counting calories or fat content, is one program with multiple success stories. So, you pay money to be in the program and learn the magic behind the point system, and then



Illustration by Erin Logan

## Children born to single, unwed parents a result of generational shift



Joshua Huston

As a society, the current generation of college-age students has witnessed many trends come and go through our lifetime. Slap bracelets, Pokemones and LiveStrong bands have all come and gone as the "thing" for this generation. While most of these trends are fairly inconsequential, one trend has been on the rise recently — giving birth out of marriage, a complicated issue with many facets to explore.

Before we delve into these aspects, it's important to make a distinction between an unmarried couple who has a child and remains together versus a single parent who has a child out of wedlock and is essentially forced to raise the child with little to no interaction from the other parent. This article focuses on the latter situation — single, unmarried parents — because

society tends to look down on single parents much more even than unmarried couples who remain together.

One negative aspect associated with the issue at hand is the potentially negative living environment this creates for children.

According to a Feb. 17 New York Times article by Jason DeParle and Sabrina Tavernise, research has consistently found that children with unmarried parents are at greater risk of doing poorly in school, falling into poverty or succumbing to psychological or emotional issues.

Another downside to single parenting is how single parents provide for their children, as

well as themselves. Those who view having children out of wedlock as a

this viewpoint tend to be older, oftentimes significantly so, than the generation this issue affects.

Now, I have not had the opportunity to raise children in my life (unless you

up against having children out of wedlock is creating an environment lacking emotional stability. I think a big reason people want to have children is to have something to create that stability.

While no one would argue that every aspect of parenting is fun and games, many would say they find great joy in caring for the new member of their family. While it might cause some issues down the road, I would argue that having that extra responsibility creates a situation with the potential to be just as loving as an environment with a married couple.

Of course, there is also the issue of finances.

Naturally, when someone has a child out of wedlock,

he or she will raise that child with significantly less money than if a partner could contribute financially. However, from what I understand, people generally find a way to make things work.

Whether through government assistance or community programs, these individuals find a way to provide for their family,

and if they do not, the govern-

ment will usually step in and take care of the child anyway.

We live in a very different time than our parents and grandparents. Jobs are harder to come by in general, and everything is more expensive.

Of course, with these seemingly negative changes, there are just as many positives: jobs have become more rewarding and pay more. Furthermore, not every change has to have an extreme benefit or consequence; for instance, many would argue that football, not baseball, is now "America's sport."

The point I am trying to make, however, is that we live in a different world than those older than us, one where it is more acceptable to have children out of wedlock.

While our ancestors might frown upon these choices, their elders probably frowned upon them more than once as well.

It is inevitable: society will see trends in the way it operates, and I believe the best thing we can do is try to look at any of these changes with a positive lens and make the best out of the situation.

**Joshua Huston is a junior in social work. Please send all comment to [opinion@kstatecollegian.com](mailto:opinion@kstatecollegian.com).**

### TO THE POINT

## Lifestyle changes, weight loss part of larger picture of total health

**To the point** is an editorial selected and debated by the editorial board and written after a majority opinion is formed. This is the Collegian's official opinion.

Many people aspire to be healthy, either in terms of what they're eating and how they're exercising, or they simply have an improved version of themselves that they want to achieve. In many of these cases, people want to lose weight but do not have a clear idea of how to lose the weight and keep it off. So, frequently, they turn to

programs like NutriSystem, Weight Watchers or Slim Fast — programs that promise quick and easy results.

From the commercials and advertisements for these programs, it seems as though participants in the program will turn out one way: tan, buff and thin, without an extra ounce of fat on their bodies. In other words, these programs offer a cookie-cutter solution to weight loss, something that should be specially tailored to each individual.

Weight loss doesn't neces-

sarily occur following the same set-in-stone steps that have worked for someone else. Consideration of body type, along with exercise and nutritious food, are all parts of the larger picture that will help to achieve total health.

Commercial weight-loss programs are also not viable weight-loss solutions for many college students. For one, they're quite expensive, and notoriously busy college students often don't have time to sleep, let alone fit in an hour or two daily for exercise, counting points or attending

support meetings.

So what is a college student who wants to lose weight supposed to do?

Planning ahead is especially important in any sort of dietary change. If you want to make changes in your diet, but always end up buying the same items at the grocery store, sit down, browse through recipes and create a meal plan or thorough grocery list. Benefits of planning ahead include avoiding the last-minute scramble with a growling stomach that results in popping a frozen meal

in the microwave or resorting to eating fast food yet again. If you know you will be on campus all day, plan ahead and prepare a lunch for yourself instead of heading to Taco Bell or Panda Express for something both unhealthy and expensive. Additionally, avoid sugary drinks, which are costly and calorie-heavy.

Something else to consider when taking steps to become healthier is that lasting lifestyle changes do take effort. It's not going to be easy and there is no magic pill to take that will transform you into

the glowing picture of health. It is also a long process — don't expect results overnight or you will be disappointed.

Weight loss tends to be safer when it is gradual, and even though commercials boast that you can lose up to 10 pounds per week, that might not be healthy for your body.

There's nothing wrong with small, steady changes.

Last, but not least, something to keep in mind no matter what the situation may be is to stay motivated and stay positive — that alone can produce tremendous change.



## LAW | Some think law is 'vital' to safety



**Juanita Blackmon**, far right, leads a group of protesters down a sidewalk to a Wichita police station near the Wichita State University campus on Friday afternoon during a Trayvon Martin demonstration. Some drivers honked in support and some stopped to join the demonstration which grew to a crowd of several hundred people.

### Continued from page 1

The stand your ground law is currently in effect in 24 states in the U.S., including Kansas. In Kansas, the law is called the Castle Doctrine.

Chase Downing, freshman in marketing and regional vice-chair of the Kansas Federation of College Republicans, said that he believes that the stand your ground law, and other similar laws, are vital to ensuring the safety of U.S. citizens, despite the recent negative attention the statute has received.

"The stand your ground law is for rational, clear-minded citizens who can reasonably use it as a means of self-defense and self-defense only," Downing said.

said. "Like with any law there are those who can abuse stand your ground, but overall I personally support the law because I believe it is a safety measure for life threatening situations."

Downing said that although the case has been the center of controversy amid allegations of racism and police negligence, it is important for people to stick to the facts and work to ensure that justice is served.

"In my opinion, they need to start over with the investigation and get down to the facts" he said.

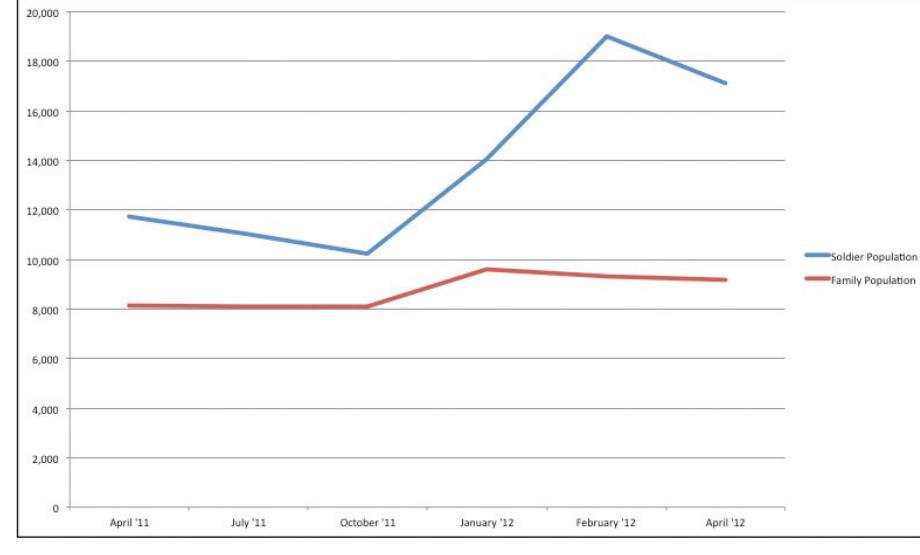
According to Gus Vazquez, senior in sociology, college students and youth everywhere should care about a case like this and try to make a difference.

"The law is a double-edged sword that could lead to discrimination," he said. "Put some type of gang theory or drug theory behind the motive and under the law, theoretically you could have grounds for self defense."

Vazquez, who is originally from near the Fort Lauderdale, Fla. area, said that the most important thing for people to keep in mind is to understand the implications of the stand your ground law and the case and form their own views.

"This type of stuff happens all the time," Vazquez said. "If people don't step up and voice their concerns and make the changes that we so desperately need to make, the cycle of institutional discrimination will continue."

## BUDGET | Rentals more appealing



### Continued from page 1

this ultimately increases housing congestion even more.

"There is a lot of housing empty right now in Junction City, and most of it is for sale," said Harold Stones, military liaison for Kansas Senator Pat Roberts. "Many, many, many developments are sitting there empty."

The issue here is that while there may be available property, soldiers aren't interested in buying it, Clark said.

"In the military, we are a transit society," he said. "Most of our soldiers are looking to rent versus to buy."

An anonymous soldier quoted in part one of this article series, published on Monday, understood the fiscal responsibility of buying a house and decided to rent instead.

"I knew with the possibility of my family only being here a short amount of time,

that I couldn't afford to pay a lease on a house," the soldier said. "Renting seemed to make more sense."

According to Stones, with most soldiers adopting this same mentality, rental properties have become a tight squeeze.

"Every available rental project in Junction City is still in capacity," Stones said. "With many economists anticipating a 5 percent decline in housing values, this will be a huge problem."

Clark said he can only hope that Fort Riley's relationship with the communities continues to work toward housing his soldiers.

"We have to work closely with our local communities so that we can shape what Fort Riley looks like and provide for our soldiers and families," he said. "Right now, our local communities are working to develop more duplexes and apartments for us."

It is yet to be seen if those

projects will be planned, implemented and completed by the time Fort Riley sees the flood of returning soldiers.

### Future of Fort Riley

As quoted in a July 9, 2011, article in the Topeka Capital-Journal, Major General William Maryville expressed his pride in Fort Riley.

"There's something extraordinary about this place, and if we can let the outside world know it, then hopefully they will want to come and be a part of it," Maryville said.

The historic base faces the challenges of the fiscal tomorrow but still remains very optimistic of its future.

"Fort Riley is positioned very well right now, because of [the Base Closure and Realignment Commission], because of the military buildup," Clark said. "We are positioned very well to meet the challenges of tomorrow, even though we're going into a new fiscal reality."

www.  
kstatecollegian.com

Get **Professional Sales Experience**  
to prepare for future  
internships and jobs with  
the K-State Collegian.



**No nights  
or weekends**

**Many opportunities for advancement and  
management experience.**

**NOW HIRING** all majors for summer and fall.  
Sophomores & Juniors highly encouraged to apply.

Apply online at [kstatecollegian.com/about/jobs](http://kstatecollegian.com/about/jobs)  
or in person at Kedzie 103.

Email [advertising@kstatecollegian.com](mailto:advertising@kstatecollegian.com) with questions.

Have something  
to say about...  
  
Frank Martin?  
  
Share your  
opinion with...  
  
**#TheFourum**  
and be  
published in  
the Collegian

ASK  
ABOUT OUR  
MEMBERSHIPS  
FOR K-STATE  
STUDENTS

**LOVE  
TENNIS**  
Indoor  
Tennis  
Courts  
Tennis Lessons  
Racquetball  
Fitness Center  
Pro Shop  
Stringing Services  
And more...

**Body First**  
Tennis & Fitness  
[www.bodyfirst.com](http://www.bodyfirst.com)

3615 Claflin Road  
785 776 6060

**May/August 2012  
INTERSESSION**

May 14–June 1 and July 30–August 17

### May

#### On-Campus Classes

- Adolescent Substance Use
- Agricultural Business Communications
- American Literature
- App and Tex Study Tour
- Basic Vegetable Growing Methods
- Business Analytics and Strategic Decision Making
- Constructing Motherhood
- Engineering Aspects of Cell Culture and Tissue Engineering
- Environmental Leadership
- Event Planning Management
- Families and Health across the Life Course
- Family and Community Resilience
- Pre and Post Disaster
- Family Violence
- Field Botany
- Financial Issues of Divorce
- Gender in American Film
- Global Health Issues
- History of American Conservation and National Parks
- Human Form and Composition
- Introduction to CrossFit
- Intro to Public Interest Architecture
- Inventing the Future: Underground Rock: 1968-1993
- Jazz in Kansas City and the Southwest
- Lazarillo de Tormes: The Birth of Modernity
- LEED for Professional Accreditation
- Modern Naval History
- Nuclear Magnetic Resonance (NMR) Spectroscopy of Macromolecules
- Planning in Pop Culture
- Pre-Engineered Metal Buildings
- Psych of Exercise and Sport Injury
- Sketching with Spaceprints
- Topics in ARE: Introduction to LEED
- Tilt-up Concrete Structures in Construction Management
- Online Classes
- Adolescent Substance Use
- Aging Veterans
- Behavioral Finance
- Crises across the Lifespan
- Current Controversies in Families: Competing Viewpoints

Developing Intimate Relationships

Development and Integrity

Family Violence

Geography of Tourism

Human Geography

Introduction to Revit®

Islamic Families

Mindful Living

Prb/Psychology - Top/Controversies in Psychology

Racial and Ethnic Profiling in America

World Regional Geography

### August

#### On-Campus Classes

- Adolescent Substance Use
- Advertising and Poster Design
- Agricultural Business Comm
- Apparel and Textiles Study Tour—Dallas
- Color Experiments, Theory, and Application
- Commodity Futures Markets
- Communication in Baseball
- Design with Adobe Creative Suite
- Developing Intimate Relationships
- Emerging Diseases
- Family Violence
- Kansas Children's Discovery Center Design-Build
- Quantitative Research Methods: An Application Oriented Approach
- Regional Geology
- Sketching with Spaceprints
- The American West in Film and Literature
- Online Classes
- Adolescent Substance Use
- Aging and Addiction
- Becoming an Effective Parent
- Behavioral Finance
- Cross-Cultural Psychology
- Current Controversies in Families: Competing Viewpoints
- Developing Intimate Relationships
- Earth in Action
- Exploration of the Family Business
- Family Violence
- Financial Education in Secondary Schools
- Geography of Tourism
- Human Geography
- Intro to Forensic Geosciences
- Military Personal Finance
- Mindful Living
- Portfolio Design and Job Search Materials Preparation
- Sociology of the Death Penalty
- Storage Management Systems
- Understanding Islam



**ENROLL NOW!**

[www.dce.k-state.edu/courses/intersession](http://www.dce.k-state.edu/courses/intersession)

KANSAS STATE  
UNIVERSITY

Division of  
Continuing Education